ABSTRACT OF THE DISCLOSURE

A liquid crystal panel driving method is provided for optimizing driving conditions by performing temperature compensation without varying the voltage of a driving signal. In the liquid crystal device, based on a temperature detection result by the temperature sensor, a temperature compensating circuit sets the frame frequency of driving signals output from driving circuits to a liquid crystal panel at a low temperature, thereby performing temperature compensation so that the liquid crystal device is operated under a condition in which the dielectric anisotropy of the liquid crystal is substantially flat. In accordance with the fact that the motion of the liquid crystal molecules becomes active at a high temperature, the temperature compensating circuit sets the frame frequency of the driving signals to be high. Concerning the frame frequency, 50 Hz (or 60 Hz) and an integer multiple of that frequency are avoided.